

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

Disclaimer

The views expressed in this training do not necessarily represent the views, policies, and positions of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA) or the U.S. Department of Health and Human Services (HHS).



Cultural Activation Prompts: Gaining Awareness, Part I

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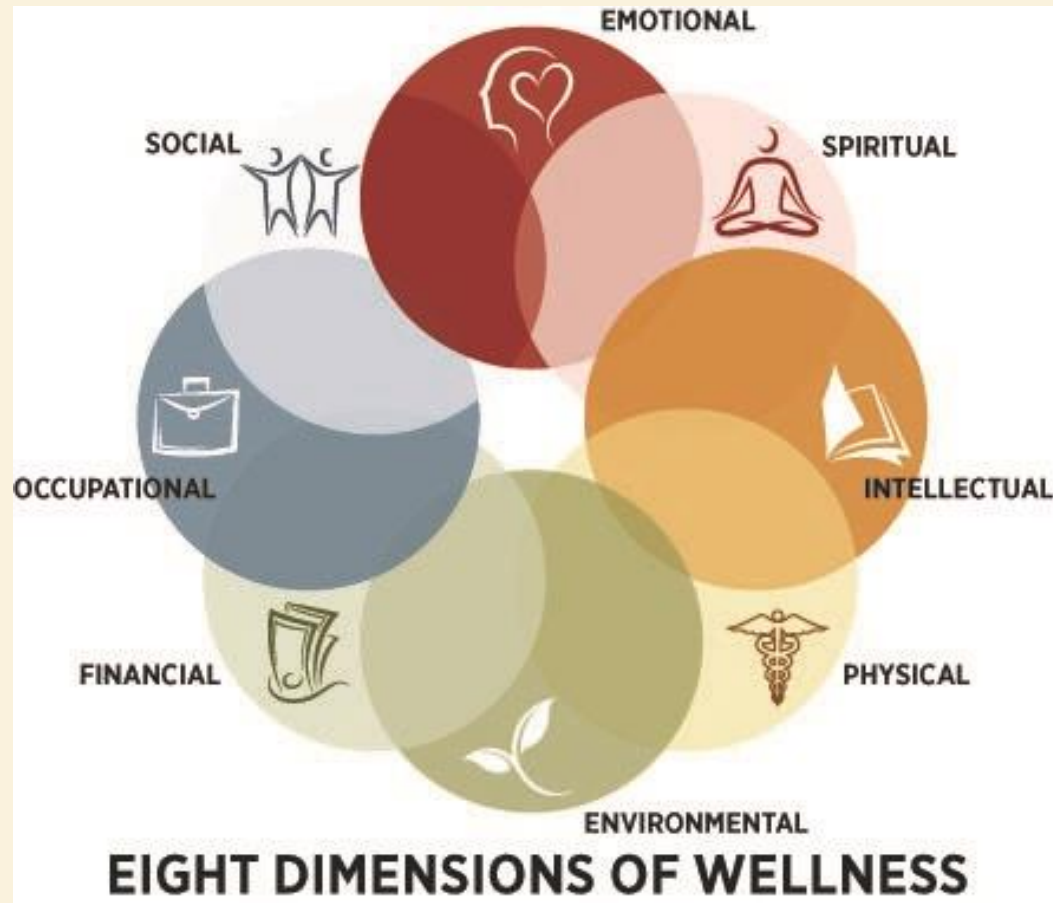
Today's Take Away

- Culture broadly defined
 - Inherent culture
 - Experiential culture
- Defining your cultural identity and how that shapes your wellness and recovery
- What does culture and cultural identity mean to you

Definition of Wellness

“Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.”— SAMHSA

8 Dimensions of Wellness



Culture

Way of life of a group of people that encompasses behaviors, beliefs, values, and symbols that are accepted and passed along, by communication and imitation, from one generation to the next

Culture

- Dynamic – influenced by time, place, and circumstances
- Determines the way we think, feel, act, perceive, and respond to situations, etc.
- Sum of attitudes, beliefs, values, and rules of conduct; these are unique to everyone

Culture (continued)

- Shaped by factors such as proximity, education, gender, age, and sexual preference
- Learned – it is not innate or biological
- A group phenomenon – it must be shared
- Reflects tradition, having been passed from one generation to another

Inherent Culture

- A way of life that encompasses attitudes, behaviors, beliefs, values, and symbols that are accepted and passed along, by communication and imitation, from one generation to the next
 - Country affiliation
 - Language group
 - Religious group
 - Race/ethnic groups
- Influences the way we think, feel, act, perceive, and respond to situations
- Cultural group views are dynamic – influenced by time, place, and circumstances

Experiential Culture

- A group's way of life that encompasses attitudes, behaviors, beliefs, and values that are learned through living experiences such as:
 - Work affiliations, e.g.: teachers, lawyers, doctors
 - Common experiences, e.g.: peers
 - Residential experiences, e.g.: college students
- Belonging to an experiential cultural group can change – influenced by time, place, and circumstances

Who Am I?



Defining You



Defining Your Cultural Identity?

**Identity is our self,
our personality, and
our individuality**



Cultural Identity Further Defined

Cultural identity is the **identity** or feeling of belonging to a group. It is part of a person's self-conception and self-perception; and is related to nationality, ethnicity, religion, social class, generation, locality, or any kind of social group that has its own distinct **culture**.

(Shah, 2003)

Answering the Question... WHO AM I?

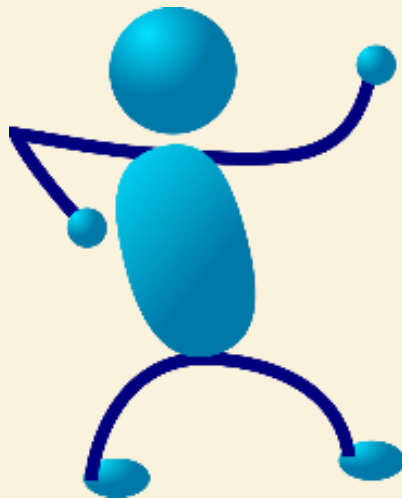
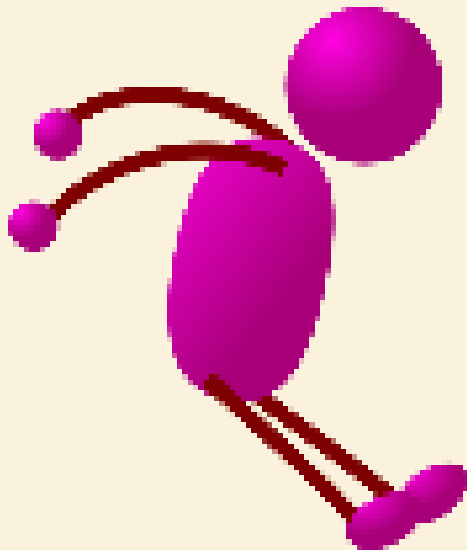
“We are more than just a series of labels.”

- Cultural identity is something we have some choice in
- To some extent, we can self-determine who we want to be in life
- Who we want to be is shaped by:
 - Our childhood experiences
 - Cultural identity search
 - Cultural identity achievement

Think?

You may have more than one
cultural identity.....

Can you think of any examples?



BELONGING

friendship

factions

class
treaty

alienation

culture

isolation

religion

conventions

disaffection

inclusion

exclusion

unity
family
nationality
community

comradeship

estrangement

brotherhood

ethnicity

bullying
alliance

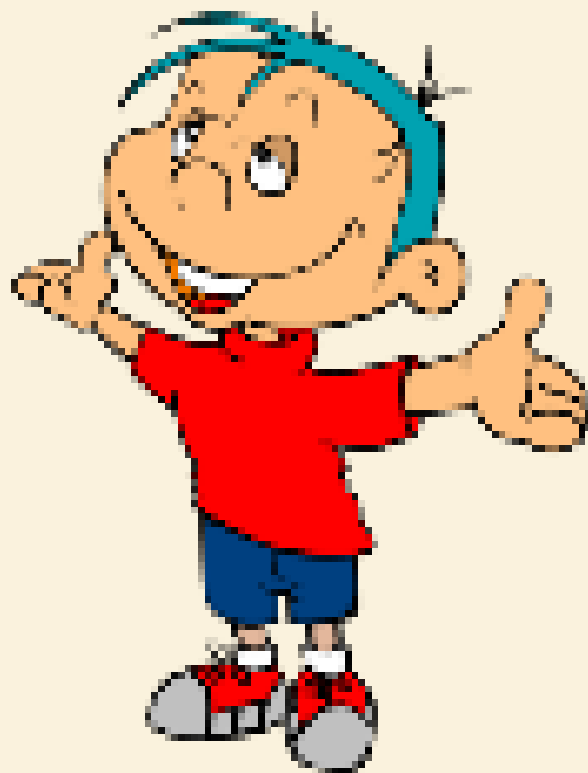
separation

Discussion

- What elements would you consider when comparing and contrasting cultures?
- Which of these elements would you consider to be the most significant?

Summary

I AM WHO I
AM, AND
THAT'S ALL I
CAN BE



I AM WHO I AM,
ACCEPT ME,
REJECT ME,
BUT
I'M STILL ME

Next Week in Cultural Activation

Cultural Activation Prompts: Gaining Awareness, Part II

- The stages of activation and its measurement
- Defining Cultural Activation Prompts
- The Foundation of Cultural Activation Prompts

Thank You!

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SAMHSA's Program to Achieve Wellness

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References

Shah, S. 2003. The researcher/interviewer in intercultural context: a social intruder! British Educational Research Journal. 30:4, 549-575.